



BARB JOHNSON

FITNESS PHILOSOPHY

Fitness and a healthy lifestyle are a combined effort of your body, mind, and spirit. I believe the commitment you make and the time you put into a fitness routine and living a healthy lifestyle are worth it because you are worth it!

TRAINING SPECIALTIES

- ACE certified personal trainer
- Boot camp and TRX instructor
- Silver Sneakers certified
- Long distance and competitive runner
- Specializes in overall conditioning, aging adults, balance and core training

MEMBER COMMENTS

“Barb has a gentle personality paired with an intense desire to push each person she works with to his or her personal best. She makes working out a lot of fun!” - M.W.

“I’ve been training with Barb for almost 12 months. During that time, she has taught me to believe in myself and to push myself outside of my comfort zone. Because of her support and guidance, I’ve made more of a commitment to reach my goals. She has the ability to tailor her training program for all fitness levels and is patient and nurturing to those of us who are new to weight training.” - N.L.

“We have worked with Barb for the past year - first in the “Lose to Win” program and then in “Boot Camps”. Barb has been a joy to work with as a trainer and we have developed a good friendship with her. Through these fitness programs, we have embarked upon a lifetime of fitness. With Barb’s guidance and encouragement, fitness activities are now a regular part of our weekly activities and we are healthier as a result. Barb pushes us, encourages us, but does not drive us excessively beyond our capabilities. - K. and R. K.

FUN FACT

Barb is an avid MN Twins Fan and a competitive runner!